

**WHAT IS CLAIMED IS:**

1. A method for obtaining a molded food product, including confectionery and bread-making, from food deposited in a flexible mold comprising a flexible tray made of a silicone material, the method comprising the steps of:

providing the flexible tray with a bottom wall, side walls extending upwardly from the bottom wall, each side wall having an upper side provided with an edge including a silicone, peripheral outwardly projecting wing and a seat in said projecting wing;

inserting a stiffening element within said seat, to stiffen the projecting wing and improve the handling of the tray by said edge, while retaining flexibility of the tray, said flexibility, together with the dimensions of the stiffening element, being provided for flattening the flexible tray to take food previously disposed within the mold out of the flexible tray, the step of providing the flexible tray with an edge including a seat comprising providing the projecting wing with an outer part which, after the step of inserting, overlaps only a part of the stiffening element which is so held in a place within the so formed seat;

depositing said food within the flexible tray;

having said food molded in the tray, for obtaining said molded food product; and,

taking the molded food product out of the mold, said step of taking out comprising the steps of pressing the flexible tray for flattening it and taking said food product out of the flattened tray.

2. The method of claim 1, wherein the step of providing the flexible tray with an outwardly projecting wing having a seat comprises providing the tray with said seat and said stiffening element, both having a rectangular cross section.

3. The method of claim 1, wherein the step of pressing the flexible tray comprises the step of gripping said flexible tray by said silicone, peripheral outwardly projecting wing and bringing one towards the other said bottom wall and said edge.

4. A method for obtaining a molded food product, ✓  
including confectionery and bread-making, from food deposited in a flexible mold comprising a flexible tray made of a silicone material, the method comprising the steps of:  
providing the flexible tray with a bottom wall, sheet-like side walls extending upwardly from the bottom wall, each sheet-like side wall having an upper side provided with an edge including a silicone, peripheral outwardly projecting wing and a seat, in said projecting wing; the projecting wing having a stiffening element disposed therein, to stiffen the projecting wing and improve the handling of the tray by said edge, while retaining flexibility of the tray, said flexibility, together with the dimensions of the stiffening element, being provided for flattening the flexible tray to take food previously disposed within the mold out of the flexible tray;  
depositing said food within the flexible tray;  
having said food molded in the tray, for obtaining said

molded food product; and,

taking the molded food product out of the mold, said step of taking out comprising the steps of pressing said stiffened projecting wing for flattening the flexible tray, and withdrawing said food product from the flattened tray.

5. The method of claim 4, wherein the step of providing the flexible tray with an edge including a seat comprises providing the projecting wing with an outer part which, after the step of inserting, overlaps only a part of the stiffening element which is so held in a place within the so-formed seat.

6. The method of claim 4, wherein the step of flattening the tray comprises the step of gripping said flexible tray by said silicone, peripheral outwardly projecting wing and bringing one towards the other said bottom wall and said edge.

7. A method for obtaining a molded food product, including confectionery and bread-making, from food deposited in a flexible mold comprising a flexible tray made of a silicone material, the method comprising the steps of:  
providing the flexible tray with a bottom wall, side walls extending upwardly from the bottom wall, each side wall having an upper side provided with an edge including a silicone, peripheral outwardly projecting wing and a seat in said projecting wing;

then, inserting a stiffening element within said seat, to stiffen the projecting wing and improve the handling of

the tray by said edge, while retaining flexibility of the tray, the step of providing the flexible tray with an edge including a seat comprises providing the projecting wing with an outer part which, after the step of inserting, overlaps only a part of the stiffening element which is so held in a place within the so-formed seat;

depositing food within the flexible tray;

having said food molded in the tray, for obtaining said molded food product;

handling the tray by said stiffened projecting wing; and,

storing the tray, the step of storing the tray comprising the step of taking said molded food product out of the tray.

8. The method of claim 7, wherein the step of storing the tray further comprises the step of flattening said tray by:

gripping it by said silicone, peripheral outwardly projecting wing; and,

bringing one towards the other said bottom wall and said edge.

9. The method of claim 7, wherein the step of providing the flexible tray with an edge including a seat comprises providing the tray with said seat and said stiffening element, both having a rectangular cross section.

10. The method of claim 7, wherein the step of providing the flexible tray with an edge including a seat

comprises providing the projecting wing with an outer part which, after the step of inserting, overlaps only a part of the stiffening element which is so held in a place within the so-formed seat.

11. A method for obtaining a molded food product, including confectionery and bread-making, from food deposited in a flexible mold comprising a flexible tray made of a silicone material, the method comprising the steps of:

providing the tray with a bottom wall, side walls extending upwardly from the bottom wall, each side wall having an upper side provided with an edge including a silicone, peripheral outwardly projecting wing and a seat in said wing;

then, inserting a stiffening element within said seat, to stiffen the projecting wing and improve the handling of the tray by said wing, while retaining flexibility of the tray;

depositing food within the flexible tray;

having said food molded in the tray, for obtaining the molded food product; and,

taking the molded food product out of the mold, said step of taking out comprising gripping the tray by the stiffened projecting wing and withdrawing the molded food product from the tray.

12. The method of claim 11, wherein the step of providing the flexible tray with an outwardly projecting wing having a seat comprises providing the projecting wing with an outer part which, after the step of inserting,

overlaps only a part of the stiffening element which is so held in a place within the so-formed seat.

13. The method of claim 11, wherein the step of withdrawing the molded food product from the tray comprises the step of flattening said tray by bringing one towards the other said bottom wall and said edge.